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THE HOUSEHOLD CALENDAR

A radio talk by Mrs. Rowena Schmidt Carpenter, Assistant to the Chief, Bureau of Home Economics, delivered through Station WRC and 35 other stations associated with the National Broadcasting Company, May 9, 1930.

These first very hot days are likely to make appetites fail so they have to be specially tempted, but whether that happens or not, certainly hot weather makes us appreciate crisp refreshing salads. And at no season of the year is there a greater variety of vegetables and fruits to use than now.

I wonder if you serve raw vegetable salads in some of the many combinations that are so good? Cabbage, our year around standby, can be made into more delicious raw salad mixtures than perhaps any other one vegetable. And now that new cabbage is in market, cabbage salads are especially good. For example, there is for spring, chopped new cabbage with water cress, onion, and green and red sweet peppers, or perhaps you would prefer grated red radishes with shredded new cabbage for a pink and light green, delicately flavored salad. Cabbage and grated raw carrots in equal parts, mixed with a well seasoned salad dressing and served on crisp lettuce is good too; chopped peanuts add a nice flavor to this salad. Another good combination is shredded cabbage with onions sliced in very thin rings, seasoned with salt, celery seed, pepper and paprika, and then mixed with salad dressing. And a fourth: Cabbage, chopped peanuts, diced celery or celery seed, and chopped onion. Plenty of us are fond enough of plain cold slaw to enjoy it without any special furbishing, but for a change sometime serve it on sliced tomatoes, or make a stuffed tomato salad with cold slaw prepared by your favorite recipe. An extra-dressy cabbage salad is made with whipped cream dressing, seasoned with tabasco sauce, grated horseradish, scraped onion, salt and a little sugar. Brought to the table in a hollowed out head of red or curly green cabbage, this makes a very attractive dish.

Grated raw carrot, turnip, onion, radish, and green pepper make a combination of color and flavor most delightful. And another perhaps more unusual mixture is grated rutabaga and chopped celery.

In making any of these raw salad mixtures, we must remember that salad materials must be crisp. Nothing is less appetizing than wilted, tough lettuce watery, limp cucumbers, or stringy, wilted celery. Vegetables may be crisped in the refrigerator after they are washed thoroughly, or they may be crisped in ice water. The water used in washing or in crisping must be well drained or it will dilute the dressing and make a mussy, soupy salad. Another word of warning: Raw vegetables should be combined with salad dressing just a short time before serving because the acid in the dressing spoils the crisp texture. And any salad you know, to live up to its name must be crisp, cool, and tart or acid.

A favorite salad for this time of year often described as combination spring salad, is sliced tomatoes, cucumbers, and onions, served on crisp lettuce with a garnish of green pepper rings and water cress. Some people prefer French dressing, and others mayonnaise with this salad. Served with cream cheese and crackers, a refreshing drink, and perhaps a dessert, it makes a delicious luncheon for a hot day.

People who enjoy the flavor of raw onions are delighted with a tomato and Bermuda onion salad. Thin slices of Bermuda onion and of ripe tomato, alternated to make a three-story effect, and topped off with horseradish sauce, speaks for itself. The recipe for horseradish sauce is found on page 62 of Aunt Sammy's radio recipes.

Thinking again of stuffed salads, there are many mixtures that go nicely in hollowed out cucumbers or tomatoes. Chopped celery, green pepper, and cucumber, mixed with the pulp that is removed in hollowing out the tomato, makes a good flavor combination. So far we have been thinking only about raw vegetable mixtures If the salad is to fill the role of the principal dish of the meal, some of the raw salad vegetables may be combined with meat, chicken, tuna fish or cheese. For instance, tomatoes may be stuffed with a meat or fish salad mixture, in which some celery, cabbage, cucumber and green pepper are used as crisping materials. And nothing is much more delicious to those who like crab meat than a ripe tomato filled with crab flakes and served on lettuce with very rich mayonnaise.

Well, I shall have to say goodbye without talking about combinations of cooked and raw vegetables, or about fruit salads. Maybe some other day. In the meantime, let us send you Aunt Sammy's Radio Recipes, if you haven't a copy because there are a number of salad suggestions in it.

Goodbye, until next Friday, Homemakers.